

Start the year well: toolkit for teachers and education staff

The start of a new school year brings fresh opportunities, as well as new challenges. Taking time to focus on your wellbeing now can help you build healthy habits that support you throughout the year.

This toolkit brings together practical, evidence-informed resources to help you protect your mental health, manage everyday pressures and thrive throughout the school year. Share it with your team to start a conversation about mental health in your school or college.

Resources

Managing return-to-work anxiety

We've worked with Anna Freud to develop practical, expert-led strategies that support teachers and education staff with return-to-work anxiety. They'll help you ease the transition back into school life and make space for the rest and recuperation you need.

7 ways to feel good this school year

Avoid burnout with these seven evidence-based, readily available strategies for teachers and education staff.

Retain your joy and stay well

A third of new teachers quit after five years. What can you do to stay mentally well and retain your joy in teaching?

How to re-charge in 3 minutes or less

This exercise may generate ideas to create moments of pause, which you can carry out alone or with your team and revisit during times of challenge.

The building blocks of good mental wellbeing

Teachers and education staff, you can create healthy habits and a lifestyle that supports your mental wellbeing through a few simple steps taken at your own pace.

5 ways teachers can regulate their nervous system

Practical, evidence-based tips for teachers and education staff to help regulate the nervous system, reduce stress, boost focus, and beat burnout during busy school days.

Resources

Setting boundaries: a guide for staff in schools

Without boundaries, being open and available can quickly turn you into being overwhelmed and overworked. Read our guide for tips on how to set and keep clear boundaries.

Window of tolerance exercise

This is a practical tool to help teachers and education staff understand emotional regulation, beat stress and burnout, build resilience, and support wellbeing in education settings.

Helpline poster

Our helpline counsellors offer immediate emotional, confidential support to teachers and education staff. Download our helpline poster for your staffroom.

Teacher burnout: identifying the causes and protecting yourself

Headteacher, Darren Morgan, looks at some of the causes of burnout in education settings and suggests ways to protect yourself and your colleagues.



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